

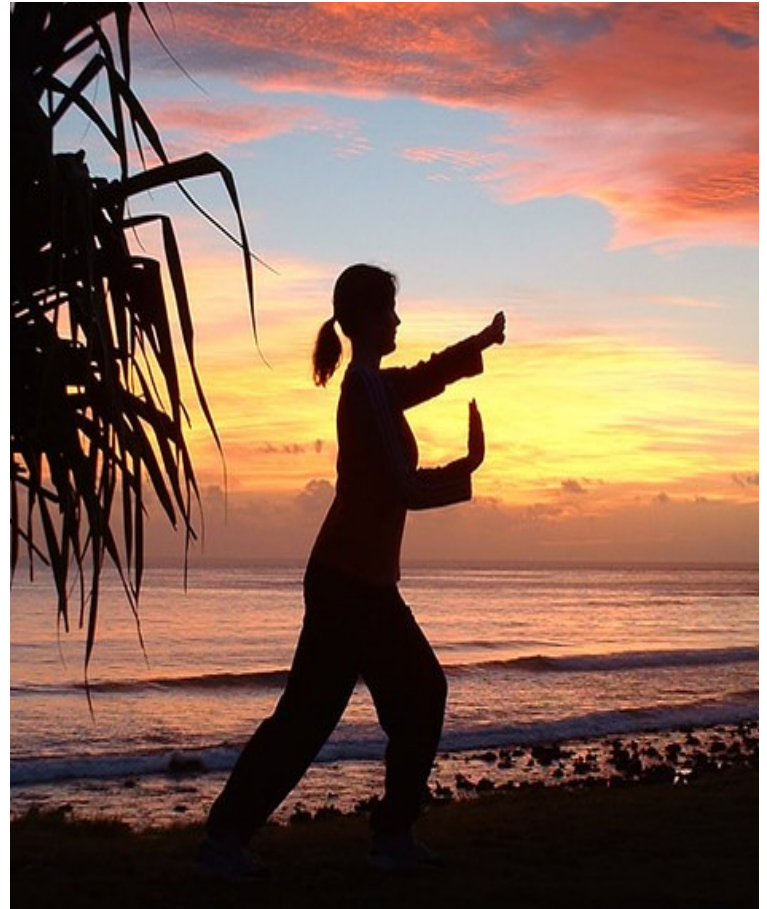
T'ai Chi Yang 24 Form

Anne Gordon Center for Active Adults

Learn the most popular form of Tai Chi. Get energized, stay fit, and have fun with friends. Increase your mental and physical balance.

T'ai Chi Yang 24 form contains some of the movements of the original 108 long form. It is taught one movement at a time to allow each participant to gain the most benefits. Movements are modified by the instructor on an individual basis to maintain optimal safety and stability.

T'ai Chi practice has been shown to decrease chronic health problems such as blood pressure, stress, arthritis and other pain. Focus will be on balance and relaxation for a feeling of well-being.



Instructor: Rita Shaloiko

Class Fee: \$8

Mondays 2:00pm—2:45pm

#189982 January 4-25

#189983 February 1-29

#189984 March 7-21 (not March 28)

#189985 April 4-25



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Anne Gordon Center
for Active Adults
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